

CLAIMS

The invention claimed is:

1. A concentrated nutritional marinade having a smooth consistency free of bits and chunks, comprising:
 - a) olive oil for fighting heart disease by reducing bad cholesterol while raising good cholesterol, for supplying vitamin E which provides a younger look by retarding cellular aging due to oxidation, helps prevent lipid peroxidation, increases endurance by supplying more oxygen, protects lungs against air pollution, prevents and dissolves blood clots, alleviates fatigue, lowers blood pressure by working as a diuretic, prevents miscarriages, alleviates leg cramps, and lowers risk of ischemic heart disease, and for supplying vitamin F which aids in preventing cholesterol deposits in arteries, gives some degree of protection against harmful effects of X-rays, promotes healthy skin and hair, aids in growth and well-being by influencing glandular activity and making calcium available to cells, combats heart disease, and aids in weight reduction by burning saturated fats;
 - b) onion for lowering cholesterol, for supplying quercetin which is not destroyed by cooking and which suppresses malignant cells before they become tumors, for combating

1 yeast fungus, and for supplying iodine which improves
2 mental alacrity and promotes healthy hair, nails, skin,
3 and teeth; and

4 c) garlic for lowering cholesterol, for cleaning blood of
5 excess glucose, for reducing high blood pressure by
6 neutralizing poisonous substances in intestines and
7 acting as a vaso-dilator, for supplying allicin which is
8 a natural antibiotic and which destroys disease germs
9 without sweeping away friendly bacteria in said process,
10 for supplying potassium, phosphorous, vitamins B and C,
11 calcium, and protein, for alleviating grippe, sore
12 throat, and bronchial congestion, and for combating yeast
13 fungus.

14 2. The marinade as defined in claim 1; further comprising fresh
15 basil.

16 3. The marinade as defined in claim 1; further comprising fresh
17 lemon juice for supplying vitamin C and for lowering
18 cholesterol.

19 4. The marinade as defined in claim 1; further comprising salt
20 for aiding in preventing heat prostration and for helping
21 nerves and muscles function properly.

- 1 5. The marinade as defined in claim 1; further comprising pepper
2 for lowering cholesterol.
- 3 6. The marinade as defined in claim 1; further comprising
4 oregano.
- 5 7. A method of making a concentrated nutritional marinade having
6 a smooth consistency free of bits and chunks, comprising the
7 steps of:
- 8 a) placing olive oil in a blender, wherein said olive oil is
9 for fighting heart disease by reducing bad cholesterol
10 while raising good cholesterol, for supplying vitamin E
11 which provides a younger look by retarding cellular aging
12 due to oxidation, helps prevent lipid peroxidation,
13 increases endurance by supplying more oxygen, protects
14 lungs against air pollution, prevents and dissolves blood
15 clots, alleviates fatigue, lowers blood pressure by
16 working as a diuretic, prevents miscarriages, alleviates
17 leg cramps, and lowers risk of ischemic heart disease,
18 and for supplying vitamin F which aids in preventing
19 cholesterol deposits in arteries, gives some degree of
20 protection against harmful effects of X-rays, promotes
21 healthy skin and hair, aids in growth and well-being by
22 influencing glandular activity and making calcium

1 available to cells, combats heart disease, and aids in
2 weight reduction by burning saturated fats;

3 b) adding onion to said olive oil in said blender so as to
4 form a first composition, wherein said onion is for
5 lowering cholesterol, for supplying quercertin which is
6 not destroyed by cooking and which suppresses malignant
7 cells before they become tumors, for combating yeast
8 fungus, and for supplying iodine which improves mental
9 alacrity and promotes healthy hair, nails, skin, and
10 teeth;

11 c) adding garlic to said first composition in said blender
12 so as to form a second composition, wherein said garlic
13 is for lowering cholesterol, for cleaning blood of excess
14 glucose, for reducing high blood pressure by neutralizing
15 poisonous substances in intestines and acting as a vaso-
16 dilator, for supplying allicin which is a natural
17 antibiotic and which destroys disease germs without
18 sweeping away friendly bacteria in said process, for
19 supplying potassium, phosphorous, vitamins B and C,
20 calcium, and protein, for alleviating grippe, sore
21 throat, and bronchial congestion, and for combating yeast
22 fungus;

23 d) activating said blender;

1 e) blending said second composition in said blender so as to
2 form a nutritional marinade having a smooth consistency
3 free of bits and chunks;
4 f) removing said nutritional marinade having a smooth
5 consistency free of bits and chunks from said blender;
6 and
7 g) freezing said nutritional marinade having a smooth
8 consistency free of bits and chunks so as to form said
9 concentrated nutritional marinade having a smooth
10 consistency free of bits and chunks.

11 8. The method as defined in claim 7; further comprising the step
12 of adding fresh basil to said second composition in said
13 blender.

14 9. The method as defined in claim 7; further comprising the step
15 of adding fresh lemon juice to said second composition in said
16 blender, wherein said fresh lemon juice is for suppling
17 vitamin C and for lowering cholesterol.

18 10. The method as defined in claim 7; further comprising the step
19 of adding salt to said second composition in said blender,
20 wherein said salt is for aiding in preventing heat prostration
21 and for helping nerves and muscles function properly.

1 11. The method as defined in claim 7; further comprising the step
2 of adding pepper to said second composition in said blender,
3 wherein said pepper is for lowering cholesterol.

4 12. The method as defined in claim 7; further comprising the step
5 of adding oregano to said second composition in said blender.